



Agency on Aging

Flathead County

5/5/2015

Edition 1, Volume 2

The Older Americans Act Turns 50

Happy Anniversary!



May is Older Americans Month, a time to recognize seniors for their many contributions to the nation and to celebrate the 50th Anniversary of the Older Americans Act (OAA).

The Older Americans Act was passed in 1965 along with two other landmark laws, Medicare and Medicaid, in response to concerns about the lack of programs to support people as they age.

The Act created the aging services network of which our Agency is a part, and funded a core group of services aimed at helping older adults remain in their homes, including Meals on Wheels, in-home assistance, transportation and information/referral services.

The 2015 Older Americans Month theme is *Get into the*

ACT!, a call to personal and civic action.

The focus is on how older adults can take charge of their health, get engaged in their communities, and make a positive impact through advocacy and volunteerism.

One of the critical actions that older adults and those who care about them can take this May is to promote the reauthorization of the Older Americans Act.

Since 1965, the Act has been reauthorized 13 times, but this time it's overdue and stuck in congressional limbo.

To honor the older adults in Flathead Valley this month, consider contacting your elected officials in Washington about how important OAA services are to our community and encourage them to support reauthorization.

Sen. Steve Daines
404-549-8198 (Missoula)

Sen. Jon Tester
406-257-3360 (Kalispell)

Rep. Ryan Zinke
406-502-1435 (Helena)

Providing Respite

Support for caregivers is available

Caregivers - spouses, family, friends - spend many hours attending to loved ones so they can continue to live at home. They are focused on their loved one's needs and may not realize they aren't taking care of themselves. Many times there is no one else to help, so they can't take a break.

The Agency on Aging provides "respite" services to caregivers so they can recharge and tend to their own physical and emotional well-being.

Respite is offered in two ways: 1) trained staff come to the home so the caregiver can have time away, and/or 2) trained staff take the person being cared for out of the home to participate in activities they would enjoy.

Call 758-5730 for more information.



Closed on Memorial Day,
May 25th



Nutrition Information

Eating Alone?

*Dining with others provides
social connections*

Take the monotony out of meal time by planning a trip to one of our meal sites during lunch. Dining with others gives you an opportunity for social time.

Kelly Road, Kalispell and Columbia Falls Senior Centers and Whitefish Community Center serve lunches on Monday through Friday.

Bigfork has meals on Mondays, Wednesdays and Fridays. Lakeside serves on Tuesdays and Thursdays. Call the meal site to make your reservation and confirm meal times. Check out the menu on flathead.mt.gov/aging.

Senior Centers/Phone Numbers

Kalispell Senior Center	257-1598
Whitefish Comm Ctr	862-4923
North Valley Sr Ctr	892-4087
Bigfork Senior Center	837-4157
	407-5748
Lakeside Gathering Pl	261-3557
Kelly Road Meal Site	758-5711

Exercise & Activity

The key to successful aging!

A regular routine of activity can keep your body in shape and give you a positive mind set. Some of the benefits of physical exercise can include: improvement with balance and muscle strength, lower blood pressure, stress and anxiety relief, and improvement in sleep; overall it makes you feel better!

Of course, you should never start an exercise program without first checking with your doctor and getting the green light. When you do get the go-ahead, call or visit your community/senior center to try out their programs.

Kalispell Senior Center has exercise classes on Mondays and Wednesdays, 9 and 10 a.m.; Fridays at 10 a.m.; as well as square dance on Mondays at 7 p.m. and line dancing on Thursdays at 6 p.m. Whitefish Community Center hosts yoga every Tuesday at 9:30 a.m. and exercise classes every Tuesday and Thursday at 11:00 a.m.



Save the Date

Older Americans Picnic in June

Join us as the Agency on Aging hosts the Older Americans Picnic on Friday, June 19th at the Flathead County fairgrounds. The event is free and open to Flathead residents sixty years and older. The event will also include a special recognition for military veterans. Doors open at 10:00 a.m. and lunch is served from 11:30 a.m.-1:00 p.m.



The picnic will also feature information tables from our sponsors, as well as door prizes. Companies who wish to participate as sponsors should contact Christine at 758-2471.



Agency on Aging is loaning out air conditioning units for the summer season! Call 758-5730. Limited number available. This service is open to residents of Flathead County, ages 60 and over.